

Classroom Teachers Guide to Extreme Health Challenge Materials

Thank you for taking part in the Missouri Team Nutrition *Extreme Health Challenge* (EHC). This guide will help you understand how to implement the EHC in your classroom. The downloadable materials at <http://www.dhss.mo.gov/TeamNutrition> are numbered and referred to by number in this guide. If you are coordinating the EHC for your school, please download the materials “For EHC School Coordinator”. This includes the materials “For Classroom Teachers” and more.

06. Incentives – Read this and explain to the students what they can earn by doing the Challenge. Incentives are awarded for participation. We simply want every class to do their best.

07. In a Nutshell – is a checklist to make sure everything gets done. Some of this is completed by others in your school.

08 & 09. Taking Care of Yourself and Steps to a Healthier You – are background information to support your personal health and fitness.

10 & 11. Healthy Celebrations & Alternatives to Food as Reward – give you tools to help make your classroom environment healthy. This will help support your school’s local wellness policy.

12, 20, & 25. Parent Letter, Katy Trail Home Map, and Family Fruit & Vegetable Challenge Chart - are materials that you should send home with every student to encourage their families to participate in the Challenge on their own. Research has shown that children take healthy behaviors home to their families. There is no need to follow up with families unless you want to.

*** 13. Katy Trail Challenge Instructions** – gives specific instructions on how to do the physical activity challenge. Feel free to modify to meet the needs of your class, but remember to challenge your students!

***Pedometers** – 2 per classroom are delivered to your school’s EHC Coordinator after enrolling. **The Walk4Life pedometers have a 2 year warranty. If you have any trouble with them, please notify your EHC coordinator.**

14. How to Use Pedometer – gives basic instructions on pedometer use

15. Class Activity Record – is a tool to help keep track of students’ activity until it is marked on the Class Katy Trail Map. This is especially helpful if the class map is kept outside of your classroom.

***Katy Trail Map Poster**– is delivered to your school EHC coordinator after enrollment in the EHC. Use this to track progress toward class goal. The “Katy Trail Lessons” marked on poster refer to #30, Katy Trail History Lessons.

16. MyActivity Pyramid – is an informational handout for students. If MU Extension teaches nutrition in your classroom, they will give this to the students.

17. MyActivity Log – is also handed out by MU Extension. This can be used with or without pedometers to have every student keep track of their minutes of physical activity. This log is optional.

*** 18. Classroom Activity Breaks** – gives reasons and resources for physical activity in the classroom every day. This helps to meet your goal on the Katy Trail Challenge. Most of the teachers who have used activity breaks in the EHC noticed better student behavior after the breaks.

Research has shown that providing kids with a sense of program ownership increases learning and participation and helps maximize success so...

- Let them set their own goals.
- Let them be responsible for completing the posters.
- Let them choose activities for classroom breaks.
- In general, be flexible!

19. Playground Activity – Remind students to be active at recess to help meet Katy Trail Challenge goal.

***23.Fruit & Vegetable Challenge Instructions** – gives specific instructions on how to do the nutrition challenge. Remember to help students set a goal that will challenge them.

***Fruit & Vegetable Challenge Poster** - is delivered to your EHC coordinator after enrollment in the EHC. Use this to track progress toward class goal.

24. Fruit & Vegetable Challenge Individual Chart – is a tool for each student to set an individual goal and keep track of their progress. This is helpful if they don't have a chance to mark the boxes on the F&V Challenge Poster right away.

26, 28, & 29. Nutrition Curriculum – is background on the MU Extension lessons.

30. Katy Trail History Lessons – As your class reaches a place marked on the poster as Katy Trail Lesson, use the corresponding lesson to enrich the students' journey along the trail.

32. Resources – Use as a reference for online information

*** These are the most important materials for your completion of the Challenge**

Others involved in EHC in your school

The cafeteria staff has been encouraged to support the *Extreme Health Challenge* by:

- Using a sign to list “Today’s Fruits & Veggies” choices
- Using posters to promote fruits and vegetables
- Taking both challenges themselves and posting their charts in the cafeteria to show support for the students.
- Preparing some different fruit and vegetable choices and talking to the children about eating more fruits and veggies.

If the cafeteria staff is really on board, they might even visit your classroom at the end of their day during the Challenge to remind students to chart their progress and to talk about what fruits and veggies will be served the next day.

Parents are an important role model and research has shown that children want them to model healthy behaviors. Your school’s PTA or PTO may work with MU Extension to offer a Fruit & Vegetable Extravaganza for families.

The PE teacher may take an active lead in coordinating the Katy Trail Challenge and maybe even the Fruit & Vegetable Challenge in your school. He or she may help you with learning classroom activity breaks, teaching students how to use pedometers, and encouraging students to be more active.

The EHC School Coordinator could be anyone. Often it is the school nurse. This person enrolls your school, makes sure all classes have the materials and are doing the Challenge, reports your results to Missouri Team Nutrition, and distributes the incentives.

The University of Missouri Extension Nutrition Program Assistant is the person who may teach the Show Me Nutrition curriculum to students in qualifying schools.